



# DEKALB COUNTY DISTRICT 5 NEWSLETTER

NOVEMBER 2009

WWW.LEEMAYDISTRICT5.COM

**LEE MAY**  
COMMISSIONER

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## The Benefits of Healthcare Reform

The healthcare debate has been a very intense and heart-felt exchange by politicians and citizens alike. The uninsured and those with preexisting conditions have felt the blunt end of the vicious, profit-driven medical and insurance provider industry, which often show little empathy for patients who can't pay. On the other hand many insured Americans fear that they may face increased taxes or premiums by adopting a healthcare reform policy, which just isn't true.

At its core the healthcare argument is really about doing what's best for the American public, and I don't think that anyone, whether they be for a healthcare reform or not, wants to see Americans suffer, while business reaps profits.

Today Americans are faced with tough decisions; for some Americans, deciding either to pay their mortgage and put food on the table or seek medical treatment for their illness is a very daunting reality.

As our president has stated numerous times in various public forums, there is a lot of

inefficiency in our current system. With health care reform, we will see improved fiscal responsibility, transparency in the marketplace and more accountability placed with insurance providers. With these new systems in place, we will save billions of dollars annually.

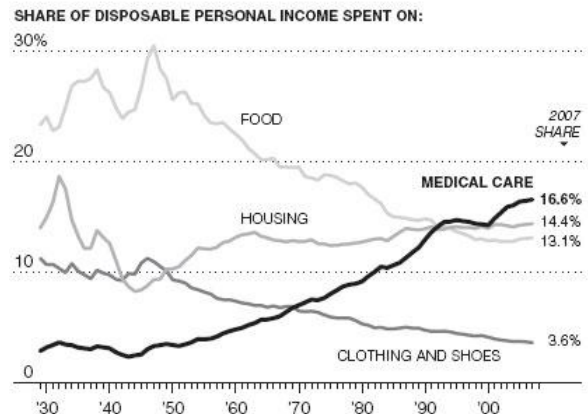
In DeKalb this will mean freeing up millions of dollars that are currently being allocated to hospital systems such as Grady and focusing more on the needs of constituents within our county.

In early November, the US House of Representatives passed the Affordable Health Care for America Act. This act will provide

insurance for an estimated 36 million people by 2019, leaving only 4% of the nation without insurance coverage. This new legislation would also prohibit insurers from denying coverage to people who become sick, will provide \$25B in tax subsidies to small businesses to aid in offering their employees coverage, will make prescription drugs more affordable, and will require large employers to provide employees with health benefits or face stiff penalty. For updated information regarding the healthcare debate visit [www.whitehouse.gov/issues/health-care](http://www.whitehouse.gov/issues/health-care).

### The Mounting Burden for Health Care

Spending on health care, which takes up more of consumers' income than housing, food or clothing, has risen significantly since 2000. As the economy slows and medical costs continue to rise, millions of people may be unable to afford care.



Sources: Bureau of Economic Analysis; Deloitte Center for Health Solutions Analysis

THE NEW YORK TIMES

## STRENGTHENING OUR COMMUNITY



### November is Diabetes Awareness Month



Diabetes occurs in three forms; type 1, type 2 and in women who are pregnant. Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Only 5-10% of people with diabetes have this form of the disease. Type 2 diabetes is the most common form of diabetes. Millions of Americans have been diagnosed with type 2 diabetes, and many more are unaware they are at high risk. Some groups have a higher risk for developing type 2 diabetes than others. Type 2 diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy. When you eat food,

the body breaks down all of the sugars and starches into glucose, which is the basic fuel for the cells in the body. Insulin takes the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can lead to diabetes complications. For more information about diabetes visit [www.diabetes.org](http://www.diabetes.org). To test your risk of getting diabetes visit [www.diabetes.org/diabetes-basics/prevention/my-health-advisor/](http://www.diabetes.org/diabetes-basics/prevention/my-health-advisor/)

#### Tips for Managing Your Holiday Meals

1. Plan in advance how you will handle making changes if your meal is at an "off" time to your regular meal schedule. If you take insulin or a pill that lowers blood glucose, you may need to have a snack at your regularly scheduled meal time to prevent a low blood glucose reaction. Check with your physician if you have any questions.
2. Be physically active! The best way to compensate for eating a little more than usual is to be active. Start a new tradition that involves being physically active and away from the food.
3. Have foods to nibble on while you are cooking - or waiting - that won't sabotage blood glucose levels before you sit down to eat. Try setting out a platter of raw or blanched veggies with your favorite low-calorie dip.
4. Make selective food choices. Don't feel obligated to sample everything on the table. For example, if stuffing is your favorite, pass on rolls. Choose either sweet potatoes or mashed potatoes.
5. Because high carbohydrate foods are plentiful at most Thanksgiving tables, watch your portion sizes. If you can't decide on one or two carbohydrate containing favorites to eat, have very small portions or "samples" of several dishes.

# THE PEOPLE'S VOICE



Commissioner May truly values your questions, comments and concerns. In an effort to ensure that he is better meeting the needs of District 5 constituents, Commissioner May will address a specific question or comment. This is your forum to let your voice be heard, The People's Voice. Please e-mail any questions, comments, or concerns to [jkhockett@co.dekalb.ga.us](mailto:jkhockett@co.dekalb.ga.us)

November's Question

"Where do I pay my taxes? Has anything changed with my tax bill?"

## Commissioner May's Response

Dear District 5 Residents,

For a complete breakdown of recent tax and millage rate changes please see our website at [www.leemaydistrict5.com](http://www.leemaydistrict5.com). On the front page of the website you will see a section labeled Millage Rate 101. Go there now by [clicking here](#).

When you are ready to pay your taxes you can contact the DeKalb County Tax Commissioners Office at 404-298-4000 with any questions, or visit their website at [www.yourdekalb.com/taxcommissioner](http://www.yourdekalb.com/taxcommissioner). There are two Tax Commissioner Offices in District 5: (1) 4380 Memorial Drive, Suite 100, Decatur, GA 30032; (2) 2389 Wesley Chapel Road, Suite 101A, Decatur, GA 30035.

Thank you very much for your questions and I look forward to continuing to address all of your concerns.

Sincerely,

Commissioner Lee May

# DEKALB BUSINESS FORUM

The DeKalb Business Forum provides local business a chance to gain exposure and possibly new customers. It is also a great opportunity for the residents of DeKalb to learn about what offerings are available in the county, which will hopefully encourage residents to support businesses within our communities. The goal of the DeKalb Business Forum is to help keep the DeKalb's large and small business environment flourishing.

## Malcolm Cunningham Automotive Group

Owner	Malcolm Cunningham
Address	Ford: 4334 Snapfinger Woods Dr., Decatur, GA, 30035 Mazda: 7849 Mall Parkway, Lithonia, GA 30038
Phone	Ford: 770-987-9000 Mazda: 770-482-0600
Website	MalcolmCunninghamAuto.com
Services Offered	In addition to a variety of sedans, trucks, crossovers and SUVs, Malcolm Cunningham Automotive Group provides full service auto maintenance and minor repair.

Malcolm Cunningham Automotive Group is proud to be an automotive leader in our community. Since opening our doors, Malcolm Cunningham Mazda has maintained our solid commitment to our customers, offering the widest selection of cars and trucks and ease of purchase. Malcolm Cunningham Mazda and Ford's professionally managed Service and Parts Departments are open extended hours to accommodate our customers' busy schedules; and, as always, Malcolm Cunningham Automotive Group offers competitive pricing for your automotive maintenance needs.

## Hilton Garden Inn Hotel

General Manager	Neil Patel
Address	7890 Mall Ring Rd., Lithonia, GA, 30038
Phone	678-526-1000
Website	stayhgi.com
Services Offered	General Hotel Services, Room Service, Meeting Rooms, Workout Facility

The Hilton Garden Inn Hotel located near the Mall at Stonecrest is the perfect place to host your next family reunion, have your family and friends stay when they come to visit, or is a nice place to go to just get away.

# DEKALB AT A GLANCE

## DeKalb Police Warn of Increased Auto Theft

Where can you find a place where people leave their wallets, purses, cell phones, navigation systems, or cars unattended and ripe for theft? The answer won't surprise you; it happens every time they pull off the road to get gas or grab their favorite drink from a convenience store and leave their keys in the ignition or their doors unlocked. More and more over the last year, gas station safety has moved to the forefront of crime prevention. There has been a dramatic rise in gas station theft over the past year. Entering auto's and auto theft for the East Precinct year to date from 2008 are both down -25%, however; we have noticed a significant increase in the last couple of weeks! PLEASE ensure you are mindful of auto safety tips even if your car is parked in your driveway.

Most of the time, gas station customers leave their car doors unlocked. This enables a thief to drive up next to the victim's car, open an unlocked door, and grab any valuables within reach. Then, the thief quickly drives off. It's a crime of opportunity that takes only a few seconds to commit. Gas station thefts can be easily prevented. You can keep from becoming a victim of gas station theft by keeping the following tips in mind.

- Pick gas stations that are well-lit and have video surveillance.
- Always remove your keys, close the windows, and lock the doors while you are pumping gas.
- Keep valuables out of plain view in your vehicle and lock the doors even if you are going inside for just a moment.

- Pay attention to your surroundings.
- Don't let your cell phone distract you.

"Too often residents become the victims of crimes of opportunity. We hope that through this educational effort, customers pumping gas or running to the convenience store will think twice before leaving their keys in the car or their windows down."

Please learn how you can keep these crimes of opportunity from happening to you! Visit the DeKalb Police East Precinct at 2484 Bruce Street, Lithonia, 30058; or call 770-482-0300. Visit the DeKalb Police South Precinct at 1816 Candler Road, Decatur, 30032; or call 404-286-7900.


The previous information is from a recent DeKalb County Police press release.

The CrimeTrac system is a newly adopted program by DeKalb County, which provides users with information regarding crimes that have occurred within a given area of DeKalb. This software is very useful for a variety of purposes including:

- Current residents who want to know what's happening in their communities.
- Residents who need information in order to form a neighborhood watch organization. CrimeTrac gives the time and dates in which crimes occurred, helping to establish trends in these activities.
- Future residents can now make an informed decision about the community in which they are moving into.

With this added tool, hopefully crime rates in DeKalb will continue to fall.

To utilize the CrimeTrac system, visit the DeKalb Police Department website at [www.dekalbpolice.com](http://www.dekalbpolice.com)



**DeKalb County Police Department**

**KEEPING "TRAC" OF DEKALB COUNTY WITH CRIMETRAC**

**It's as easy as 1, 2, 3!**

- 1. **Search**
  - By Address
  - By Crime
- 2. **Focus**
  - Number of crimes within radius
  - Number of crimes near specific address
- 3. **Obtain Report**
  - Date Range
  - Crime Type

- Innovative mapping system for citizens
- Provides accurate and timely crime data in the form of reports and maps
- Informs citizens of activities taking place in their own neighborhoods
- Citizen friendly and easy to use
- Easy as 1, 2, 3- just search, focus and obtain report on any area in unincorporated DeKalb County
- Log on to [www.dekalbpolice.com](http://www.dekalbpolice.com)

# SAVE THE DATE

## NOV 21<sup>st</sup>

### Berean Thanksgiving Giveaway

Time: 10:00 AM - 1:00 PM

Where: Berean Christian Church  
2197 Young Road  
Stone Mountain, GA 30088

This giveaway is for less fortunate families in our area. To donate or volunteer call (770) 593-9179.

## NOV 23<sup>rd</sup>

### Phase 2 Streetscape Improvement: Groundbreaking Ceremony

Time: 1:00 PM

Where: 6861 Main Street  
Lithonia, GA 30058

DeKalb is getting closer to providing pedestrian improvements in Lithonia with phase 2 of its project underway near Evans Mill.

## NOV 24<sup>th</sup>

### Planning, Public Works & Economic Development Committee Meeting

Time: 9:00 AM

Where: Manuel J. Maloof Building  
5th Floor  
1300 Commerce Drive  
Decatur, GA 30030

## NOV 26<sup>th</sup> & 27<sup>th</sup>

### Thanksgiving Holiday

All county offices are closed

## DEC 1<sup>st</sup>

### Committee of the Whole Meeting

Time: 9:00 AM

Where: Maloof Center Auditorium  
1300 Commerce Drive  
Decatur, GA 30033

## DEC 8<sup>th</sup> & 15<sup>th</sup>

### Regular BOC Meeting

Time: 9:00 AM

Where: Maloof Center Auditorium  
1300 Commerce Drive  
Decatur, GA 30033

## FEATURED DATE - Santa's Coming to Town

Time	6:00 PM - 8:00 PM
Date	11/21/2009
Location	The Gallery at South DeKalb; 2801 Candler Road #75; Decatur, GA 30034

Santa Claus is coming to Town! Join The Gallery at South DeKalb for the annual Santa's Arrival Parade, Saturday, November 21st, 6pm - 8pm, hosted by V-103's Ryan Cameron. Santa will be ushered in by Explorer Girl and Explorer Boy and host of other great parade participants. Not to mention one of fiercest bands in South DeKalb. So bring the entire family out for this fun-filled event!

## A MESSAGE FROM THE MAY FAMILY



Happy Thanksgiving to each and every District 5 resident. As we draw nearer to the holiday season, I hope that each of you are able to spend quality time with your families and that you truly enjoy that time you share.

Thank you once again for reading our newsletter, and I look forward to working with you to help make DeKalb County District 5 the best place to live, work and play.

Commissioner Lee N. May, District 5

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Manuel J. Maloof Center • 1300 Commerce Drive, 5th Floor • Decatur, GA 30030  
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